CLAIM AMENDMENTS:

Claims 1 through 33 cancelled.

34. (new) A method of active motion therapy of limbs to be trained using a bulk material of shaped body plastic pieces having rounded outer contours, the method comprising the steps of:

a) filling the bulk material of plastic pieces into a container;

b) immersing the limb to be trained into the container and into the bulk material of plastic pieces; and

c) exercising the limb within the bulk material following step b), wherein the shaped body plastic pieces comprise a first plane defined by a first substantially oval outer periphery of the shaped body, the shaped body being symmetrical relative to said first plane, a second plane substantially perpendicular to said first plane and defined by a second substantially oval outer periphery of the shaped body, the shaped body being asymmetrical relative to said second plane, and a third plane defined by a third outer periphery of the shaped body, said third plane being substantially perpendicular to said first plane and to second plane, said shaped body being asymmetrical relative to said third plane.

35. (new) The method of claim 34, wherein said third substantially oval outer periphery is a maximum outer periphery of the shaped body.

36. (new) The method of claim 34, wherein said second substantially oval outer periphery is a minimum outer periphery of the shaped body.

37. (new) The method of claim 35, wherein said second substantially oval outer periphery is a minimum outer periphery of the shaped body.

38. (new) The method of claim 34, wherein the shaped body is symmetrical only relative to said first plane defined by said first substantially oval outer periphery.

39. (new) The method of claim 34, wherein at least one of said second and said third planes divides a line segment, perpendicular to said second or third plane and extending from an outer contour of the shaped body above said second or said third plane to an outer contour of the shaped body below said second or said third plane, into two partial segments having a mutual length ratio of between 1:1.5 and 1:5.

40. (new) The method of claim 34, wherein said third plane is defined by a maximum outer periphery of the shaped body and defines a line segment, perpendicular to said third plane and extending from an outer contour of the shaped body above said third plane to an outer contour of the shaped body below said third plane, into two partial segments having a mutual length ratio of between 1:1.5 and 1:5.

41. (new) The method of claim 39, wherein said ratio is between 1:1.5 and 1:3.5.

42. (new) The method of claim 40, wherein said ratio is between 1:1.5 and 1:3.5.

43. (new) The method of claim 39, wherein said ratio is approximately 1:2.

44. (new) The method of claim 40, wherein said ratio is approximately 1:2.

45. (new) The method of claim 34, wherein the shaped body consists essentially of a thermoplastic material.

46. (new). The method of claim 34, wherein the shaped body contains substantially no chlorine.

47. (new) The method of claim 34, wherein the shaped body consists essentially of polyolefin.

48. (new) The method of claim 34, wherein said shaped body comprises a colorant or pigment.

49. (new) The method of claim 48, wherein said colorant or pigment is non-toxic.

50. (new) The method of claim 49, wherein said colorant or pigment has a color different from that of conventional food.

51. (new) The method of claim 34, wherein the shaped body has a length between 0.4 cm and 4.0 cm, a width between 0.3 cm and 3.0 cm and a height between 0.2 cm and 2.0 cm.

52. (new) The method of claim 34, wherein the bulk material is formed of shaped bodies of different sizes.

53. (new) The method of claim 52, wherein the shaped bodies are provided into two different sizes.

54. (new) The method of claim 52, wherein at least one of a length ratio and a width ratio between larger shaped bodies and smaller shaped bodies is between 1.3:1 and 3:1.

55. (new) The method of claim 54, wherein a least one of said length ratio and said width ratio between larger shaped bodies and smaller shaped bodies is between 1.3:1 and 2:1.

56. (new) The method of claim 52, wherein a thickness ratio between larger shaped bodies and smaller shaped bodies is approximately 1:1.

57. (new) The method of claim 52, wherein a mixing ratio between larger shaped bodies and smaller shaped bodies is between 1.5:1 and 3:1.

58. (new) The method of claim 57, wherein said mixing ratio is approximately 2:1.

59. (new) The method of claim 34, wherein said container is transparent.

60. (new) The method of claim 59, wherein said container is made from a plastic material.

61. (new) The method of claim 34, wherein the shaped body consists essentially of a plastic material which contains no halogen.

62. (new) The method of claim 34, wherein the shaped body consists essentially of one of polypropylene and a polymer blend containing polypropylene.